

## ABSTRACT OF THE DISCLOSURE

5 A full-body exercise machine. The exercise machine includes a first mechanism that enables a user to selectively apply positive resistance to a first leg and/or a second leg independently or simultaneously. The resistance is applied during pushing and/or pulling motions as the first leg and/or the second leg move in opposite or similar directions relative to the second leg and/or first leg, respectively. A second mechanism selectively applies positive resistance to a first arm and/or a second arm  
10 independently or simultaneously, in different or similar directions. The resistance is applied during pushing and/or pulling motions. A third mechanism facilitates abdominal crunches, leg tucks, and/or back hyperextensions while exercising the legs and the arms via the first and second mechanisms. In a specific embodiment, the third mechanism includes a seatback linked to the first and/or second mechanisms so that  
15 actuation of the first or second mechanisms causes actuation of the seatback. Mechanical links are connected between the first mechanism, the second mechanism, and the third mechanism via swivel connectors. A stable seat accommodates the user, which facilitates performing simultaneous tasks, such as reading or watching television.